

# Hand Motions for memorizing the Preamble

**WE**  
(Point hands to chest)



**THE PEOPLE**  
(Outstretch arms)



**OF THE UNITED STATES**  
(Interlock fingers of both hands)



**IN ORDER TO FORM**  
(Rotate hands as if molding something - like a snowball)



**A MORE PERFECT UNION**  
(pull fingers outward against each other)



**ESTABLISH**  
(Outstretch hands, pressing down)



**JUSTICE**  
(Turn hands over and simulate balancing of scales)



**INSURE**  
(Place index finger in palm, like An umbrella, for protection)



**DOMESTIC TRANQUILITY**  
(Fold hands to cheek, simulating sleep)



**PROVIDE**  
(swing hands outward as if offering something)



**FOR THE COMMON DEFENSE**  
(Double up fists, defending self)



**PROMOTE THE GENERAL**  
(Make a military salute)



**WELFARE**  
(Put hand over your heart)



**DO ORDAIN**  
(Simulate laying on of hands)



**AND SECURE**  
(Grasp the air with right hand)



**AND ESTABLISH**  
(Outstretch hands, pressing down)



**THE BLESSINGS OF LIBERTY**  
(Raise right arm high in a Statue of Liberty pose)



**THIS CONSTITUTION**  
(Simulate unrolling a scroll)



**TO OURSELVES**  
(Point hands to chest)



**FOR**  
(Hold up four fingers)



**THE UNITED STATES**  
(Interlock fingers of both hands)



**AND OUR POSTERITY**  
(Indicate different heights with a hand coming down in stair-step fashion)



**OF AMERICA**  
(Outstretch arms, simulating the American Eagle in flight)

